

RAILWAY TIME TABLES

NEWARK AND WESTCHESTER RAILROAD	
NEWARK TO WESTCHESTER	WESTCHESTER TO NEWARK
7:00 A.M.	7:00 A.M.
8:00 A.M.	8:00 A.M.
9:00 A.M.	9:00 A.M.
10:00 A.M.	10:00 A.M.
11:00 A.M.	11:00 A.M.
12:00 P.M.	12:00 P.M.
1:00 P.M.	1:00 P.M.
2:00 P.M.	2:00 P.M.
3:00 P.M.	3:00 P.M.
4:00 P.M.	4:00 P.M.
5:00 P.M.	5:00 P.M.
6:00 P.M.	6:00 P.M.
7:00 P.M.	7:00 P.M.

THE LAND OF BARRIOS

A GLIMPSE OF GUATEMALA AND HER RECENT PROGRESS

The Land of Barrios is a country of Guatemala with a rich history and a bright future.

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Feather head sent immediately for some new boots. Once in a great while Dame Fashion makes a change in the interest of health. Let us be sure and give her full credit.

I have been asked several times if physicians considered chocolate food for weak stomachs. By the way most of them recommend it for all kinds and descriptions of invalids. I should say they preferred it as a leverage for their patients to either coffee or tea. Typhoid convalescents at our hospitals are fed on Chocolate Mince and every physician of my acquaintance prescribes chocolate for patients suffering from nervous dyspepsia. Many take their Mince both for breakfast and lunch and find it to be a delightful phrase, very refreshing and delicious.

This recipe for Spanish Omelette, for which I have been asked, was obtained many years ago from a New York restaurant. One small onion, chopped, fried in butter, two tablespoons thick sliced tomatoes, canned well do three eggs, whites and yolks beaten separately, pepper and salt to taste. Mix well.

It should be well done and brown.

SPANISH OMELETTE

Miss Mabel Deane, Side of the Stars of Her Imagination.

It is a fact, that if a conscious woman could reach it, it would be found that at least half of our married women feel the same way. Perhaps I can go farther and say that no man, if spirit and sense were not put in him, would be able to ask his wife for money. Such a thing should not be required of a woman. A stated sum should always be placed at her disposal, and the husband should be obliged to maintain his wife. Why I had rather go bankrupt and in ruins, than ask my husband for money to buy clothes. I am very hard for such wives, since the disbursement of money to the family and the shop forms a large part of the average existence. Women who have given up independent occupations to become wives, perhaps, feel more keenly than others in this regard. I have very serious convictions as to the advisability of a doubtful support. If a man can comfortably maintain his wife, and is man enough to make such an arrangement that she need never feel the sense of dependence, then it is perhaps safe enough to give up an active for a passive independence, provided of course an honest affection is the foundation of the contract. But even under such circumstances, with my experience and observation I feel like having a string tied to the source of my past revenue. Surely, one cannot be too careful. I never could see why a woman who was independent in a trade or a profession need give up other. There always some arrangement that can be made to tide over times when normal expenses call for a halt. Why should the wife contribute to the low house? Why should she not have some stock of her own? Why may not husband and wife make an arrangement as in the domestic circle? The home will suffer, and some of its members. The best regulated homes that I know of, both in the past and the present, have had an equal interest in making, and the most unhappy are those where the wife is compelled to submit to a servile dependence upon a man who feels that she is not to be trusted with money. Every wife should have her own purse, and this should be filled according to the circumstances of her husband. But the purse which gives the most satisfaction to every properly constituted woman, is the one in which some of the dollars at least are her very own, earned by her own energy and talent.

Three months ago a dead baby was born to a feather-headed girl, wife, who, notwithstanding the lightness of her brain, had managed to have her can was in everything. She had pulled in a twenty-four inch waist to the dimensions of an eighteen inch corset, and she would let her gait, to say nothing of contracting an irreparable spinal injury, that she had the appearance of walking on small rollers, or castors. A physician brought into consultation at the most critical period, and afterwards retained by the family, prescribed shoe sole enough for her feet, with spring heels and gowns and petticoats of the lightest possible weight and all hanging from the shoulders. This prescription was received with angry tears. "If you do not dress sensibly you will die," the doctor had said. "I'd rather die than look like a fright," was the answer. A few days later a friend exhibited, with considerable pride, a pair of shoes with the new fashionable spring heels, she had just bought. The invalid laughed at them. "Why, they are all the rage," said the visitor, "you wouldn't catch me wearing them if they were not." That settled it.

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